

Berengarra School

Berengarra takes a zero-tolerance approach to child abuse and is fully committed to ensuring that its strategies, policies, procedures and practices meet all Child Safety Standards as specified in Ministerial Order No. 1359 (2022).

Asthma Emergency First Aid

Quick action may help prevent an asthma attack from becoming an asthma emergency.

RECOGNISE signs of an asthma flare-up or attack.

If a student is experiencing any of these signs, start asthma first aid. Do not wait until asthma is severe.

Mild/moderate

- Minor difficulty breathing
- Able to talk in full sentences
- Able to walk/move around
- May have cough or wheeze

Commence Asthma First Aid

Severe

- Obvious difficulty breathing
- Cannot speak a full sentence in one breath
- Tugging in of the skin between ribs or at base of neck
- May have cough or wheeze
- Reliever medication not lasting as long as usual

Call Ambulance on 000
Commence Asthma First Aid

Life threatening

- Gasping for breath
- Unable to speak or 1-2 words per breath
- Confused or exhausted
- Turning blue
- Collapsing

- May no longer have wheeze or cough
- Not responding to reliever medication

Call Ambulance on 000
Commence Asthma First Aid

In children:

- Signs of worsening asthma can be difficult to recognise
- Asthma can worsen quickly over short period of time
- They may complain of sore tummy or chest and be more restless
- DO NOT DELAY in starting asthma first aid

How to respond:

If a student is experiencing a severe or life-threatening asthma attack, call an ambulance - Dial Triple Zero (000) and then start asthma first aid.

If a student is experiencing a mild to moderate asthma attack, start asthma first aid.

- Sit the person upright
- 1 - Be calm and reassuring
- Do not leave them alone



- Give 4 separate puffs of blue/grey reliever puffer
- Shake puffer
 - Put 1 puff into spacer
 - Take 4 breaths from spacer
- 2 Repeat until 4 puffs have been taken
Remember: Shake, 1 puff, 4 breaths

OR Give 2 separate doses of a Bricanyl inhaler (age 6 & over) or a Symbicort inhaler (over 12).



- Wait 4 minutes
- If there is no improvement, give 4 more separate puffs of blue/grey reliever as above
- 3 (OR give 1 more dose of Bricanyl or Symbicort inhaler)



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If there is still no improvement call emergency assistance. Dial Triple Zero (000)

- Say 'ambulance' and that someone is having an asthma attack
- Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives

(OR 1 dose of Bricanyl or Symbicort every 4 minutes - up to 3 more doses of Symbicort)



Call emergency assistance immediately. Dial Triple Zero (000)

- If the person is not breathing
- If the person's asthma suddenly becomes worse, or is not improving
- If the person is having an asthma attack and a reliever is not available
- If you are not sure if it's asthma
- If the person is known to have Anaphylaxis - follow their Anaphylaxis Action Plan, then give Asthma First Aid.

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma

Symbicort SMART First Aid:

If you are using Symbicort SMART (Symbicort as both reliever and preventer), a special first aid plan exists that does not use a blue reliever.

If showing signs of severe or life-threatening asthma attack (in table above), dial 000 for an ambulance and start asthma first aid for your type of Symbicort below:

Rapihaler (50/3 mcg or 100/3 mcg)



1. Sit upright and stay calm

2. Take 2 inhalations of Symbicort. Then wait 1-3 minutes

3. If there is no improvement, take another 2 inhalations of Symbicort (up to a maximum of 12 inhalations)

If Symbicort is unavailable, use a blue reliever and follow the standard Asthma First Aid steps

Turbuhaler (100/6 mcg or 200/6 mcg)



1. Sit upright and stay calm

2. Take 1 inhalation of Symbicort. Then wait 1-3 minutes.

3. If there is no improvement, take another inhalation of Symbicort (up to a maximum of 6 inhalations)

If Symbicort is unavailable, use a blue reliever and follow the standard Asthma First Aid steps

Start a course of prednisone tablets (if your doctor has advised you to do this) whilst waiting for an ambulance

Start a course of prednisone tablets (if your doctor has advised you to do this) whilst waiting for an ambulance

Following Asthma Emergency First Aid:

If symptoms improve the student still needs to see a doctor, preferably that same day. If you're not sure, or if the student gets worse again before seeing a doctor call Triple Zero (000) for an ambulance.

See Berengarra School Asthma Management Policy

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